

# HOW TO BUILD HEALTHY HABITS EARLY:



## EASY METHOD

### STEP 1

Skip buying sugary drinks, like soda, sports drinks and juice boxes, at the grocery store. (You can find better beverages at [BetterBeverageFinder.org](http://BetterBeverageFinder.org)).

### STEP 2

Take a bow. You are one awesome parent: You know simply stocking fewer sugary drinks can set tastes and habits that last a lifetime.



Find more ways to live the good life at [SugarFreeKidsMD.org](http://SugarFreeKidsMD.org)